
Characteristics of Substance Use Disorder and Mental Health Disorder Treatment Facilities with Perinatal Programs

Brooke Lombardi, PhD, MSW; Anna Parisi, PhD; Helen Newton, PhD, MPH; Brianna Lombardi, PhD, MSW

Background

This study sought to understand the proportion of substance use disorder (SUD) and mental health disorder (MHD) facilities in the United States that offer specialized programs for individuals in the perinatal period.

Methods

The data for this study included SUD facilities (N=6,995) and facilities offering both SUD/MHD (N=9,134) from the 2022 National Substance Use and Mental Health Services Survey (N-SUMHSS). We examined the characteristics of facilities that offered perinatal programs, and the facility-and-state-level characteristics associated with SUD and SUD/MHD offering perinatal programs.

Findings

We found that 32.7% of SUD and 31.1% of SUD/MHD facilities offered perinatal programs. Medicaid was accepted at 80% of SUD facilities and at 82.8% of SUD/MHD facilities; childcare was offered at 11.4% of SUD facilities and at 7.9% of SUD/MHD facilities; beds for clients' children were offered at 8.8% of SUD facilities and at 4% of SUD/MHD facilities; and transportation assistance was offered at 52.2% of SUD facilities and at 56.3% of SUD/MHD facilities. State level characteristics, including the expansion of postpartum Medicaid, substance related overdose deaths, and suicide deaths were not significantly associated with SUD or SUD/MHD facilities offering perinatal services.

Conclusions and Policy Implications

There is a gap in treatment availability for SUDs and MHDs targeted for patients in the perinatal period. Further, essential services (e.g., childcare, beds for client's children, and transportation assistance) are minimally offered at facilities with perinatal programs. Further investigation is needed to identify which facilities provide prenatal and/or postpartum programs and how individuals are connected to the services the facilities reported providing.